

Managing Food Allergies at School

School Nutrition Professionals

[Announcer] This program is presented by the Centers for Disease Control and Prevention.

Food allergies are a growing concern for schools. School nutrition professionals need to know how to keep students with food allergies safe while eating meals and snacks at school. In a typical classroom of 25 students, at least one is likely to be affected by food allergies. For reasons that are not completely understood, the number of children with food allergies is increasing. About one in five students with food allergies will have a reaction while at school. Food allergy reactions can be unpredictable. Many students who have a severe and potentially life-threatening reaction at school have no previous known food allergy.

Managing food allergies in schools is best accomplished through a partnership among school administrators, teachers, school staff, families, and school nurses and other health care providers. Key actions that school nutrition professionals can take to support students with food allergies include:

- Helping to plan and implement the school's Food Allergy Management and Prevention Plan.
- Getting trained to help manage food allergies at school.
- Learning to recognize food allergy symptoms in children and how to respond to food allergy emergencies.
- Knowing the eight food groups which cause the most serious food allergy reactions,
- Taking actions to prevent allergic reactions in the cafeteria, and
- Following procedures to ensure a healthy and safe school environment.

The school community can work together to help students with food allergies be safe and supported at school.

To learn more and to access CDC's food allergy guidelines and tool kit, visit cdc.gov/HealthyYouth/FoodAllergies.

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.